

Broadmeadow Breeze

MEADOWLARK SENIOR CENTER

(505)891-5018

www.rrnm.gov/seniorservices

BROADMOOR SENIOR CENTER

(505)891-5050

INDEPENDENCE DAY CLOSURE

Meadowlark and Broadmoor Senior Centers will be closed on Monday, July 4

Have a safe holiday!

Family Night: A Family Summer Vacation @ MSC

Get out of the heat for a night of fun. Summer vacations and family trips create fond memories, so create new ones, as you enjoy a touch of the tropics on this special night with family and friends. Enjoy the evening as you swap stories over a meal, desserts, and cool drinks. Make this a night of fun, filled with family, laughs, stories, music and games to play. Reservations required, space is limited.

Tuesday, July 19
5:30 — 7:30 p.m.
\$4 due at registration



Hawaiian Luau Dance Party @ BSC

Aloha! Come and join us for a "Luau Dance Party at BSC". Let us take you to the tropical paradise of Hawaii. Enjoy Oahu's famous Haleiwa shaved ice beverage that we will serve. Wear your favorite Hawaiian shirts, dresses, and leis made of plumeria flowers and dance to the beat of Hawaiian hula music. First come first served. Limit: 30

Monday, July 25
1 — 4 p.m.
Main Room
\$3 payable at the door

Mystery of the UFO Phenomenon @ MSC

Norio Hayakawa will provide an unbiased view of the UFO phenomenon. Norio has been investigating the UFO phenomena for over 60 years. He will share his knowledge of this topic and present information on and about the UFOs.

Tuesday, July 12
1:30 p.m. in the D/R
No Fee





Welcome!

The Division of Senior Services is a division of the Parks, Recreation & Community Services department in the City of Rio Rancho. We serve those who are age 55+ and strive to provide services and activities that promote positive aging.

To best serve the population of Rio Rancho, we have two senior center locations:

Meadowlark Senior Center (MSC)

4330 Meadowlark Lane SE
Rio Rancho, NM 87124
(505) 891-5018

Hours:

Monday, Wednesday, Thursday, 8 a.m.—5 p.m.
Tuesday, 8 a.m.—8:30 pm
Friday, 8 am—4:30 p.m.

Broadmoor Senior Center (BSC)

3241 Broadmoor Blvd NE
Rio Rancho, NM 87144
(505) 891-5050

Hours:

Monday—Friday, 8 a.m.—5 p.m.
(Wednesdays, early closure at 3 p.m.)

Membership is required to participate in activities at our Centers, but membership is free! Just fill out an application and return it to the front desk for processing.

The Division of Senior Services is partnered with the Sandoval County Senior Services to offer congregate meals at the Meadowlark location for a \$2 suggested donation for those who are 60 and older. Join other members for lunch Monday through Friday, from 11:30 a.m. to 12:30 p.m. or pick up a meal to go. Registration is required.

We look forward to having you!

Senior Services Staff

Crystal L. Sanchez.....	Division Manager
Elianna Lyle.....	Assistant Division Manager
Lissette Tellez.....	Administrative Assistant
Michele Batchelor.....	Recreation Specialist
Emery Riego De Dios.....	Recreation Specialist
Matthew McCoy.....	Recreation Specialist
Julie Davis.....	Recreation Specialist
Eric Garcia.....	Office Assistant
Kay Strait.....	Receptionist

Artist of the Month Joe McDonnell



Division of Senior Services Advisory Board

The Division of Senior Services (DSS) Advisory Board meets every 2nd Tuesday of the month at 1:15 p.m. at the Meadowlark Senior Center

We currently have vacancies in Districts 2, 3, and 6. We are seeking citizens who live in these districts who have a passion for helping senior citizens and are interested in serving on the DSS Advisory Board. To inquire about a Board position, please see Crystal or Elianna.

District 1—Dee Williams
District 2—**VACANT**
District 3—**VACANT**
District 4—Jennifer Demiter
District 5—B. Joyce Garnes
District 6—**VACANT**
At Large—Ed Mieszerski

Broadmoor Senior Center

The following ongoing activities take place at **Broadmoor Senior Center**.

Registration may be required and space may be limited.

Call (505) 891-5050 for updates and/or changes.

BSC Registration

- Phone-in and walk-in registration for ALL activities will begin Thursday, **June 30 at 8 a.m.** at Broadmoor Senior Center or call 505-891-5050 for registration.
- A MEMBER can register for oneself and one other MEMBER, no exceptions allowed.
- ALL payments MUST be made within 24 hours of registration of activity. Fees are non-refundable unless someone from the waiting list can take your place or the activity is cancelled by BSC.
- Following the Registration Days, signups are accepted Monday through Friday from 8:30 a.m. to 4:30 p.m. If you have any questions, please call Broadmoor Senior Center @ (505) 891-5050.
- We accept cash, credit card or checks made payable to **City of Rio Rancho**. Please bring exact change. No large bills will be accepted.

Health & Wellness @ Broadmoor

What better place for self-improvement than at a sanctuary overlooking the Sandia Mountains? Find your Zen at Broadmoor Senior Center with these Health and Wellness Activities.

Outdoor Walking Group

Wednesdays
8-9 a.m.



Escrima

This popular martial art dates back to as early as the 1500s, during the Spanish colonization of the Philippines. Get moving as you gain confidence, strength and improve reflexes. Twenty-six inch *bastons* will be used in this practice. Instructor, George Maldonado has been practicing this martial art for over 40 years.

Tuesdays, July 5, 12, 19 & 26
9-10 a.m. at Broadmoor Senior Center
\$20 payable at registration



Meditation

Tuesdays, July 12 & 26
1:30-3 p.m. in Room 2

Sound Healing for Wellness

Cece Short offers Sound Healing for wellness. Sounds created through instrumental vibrations initiate a healing response from the body. Feel the balance of your body and recover from dis-ease or dis-harmony. Space is limited.

1st & 3rd Tuesdays, July 5 & 19
1:30-3:30 p.m. in Room 2
No Fee



Tai Chi

Tai Chi movements are slow and deliberate with shifts of body weight from one leg to the other in coordination with upper body movements to challenges the body, and to improve balance and reduce fall frequency. Join David every Wednesday, to help regain strength and balance with Tai Chi.

Wednesdays
9-10 a.m. in the Main Ballroom
\$3 payable at registration



On-Going Classes @ BSC

Broadmoor Senior Center
For additional information please call (505) 891-5050
Daily Activities for the Month of June 2022

Monday Schedule	Time	Room Assignment
Painting with Color Pencils	10:00 am to 12:00 p.m.	Room 2
Book Binding Class	12:00 pm to 2:00 pm	Demo Room
Tuesday Schedule	Time	Room Assignment
Escrima (Martial Arts)	9:00 am to 10:00 am	Main Room
Crafty Corners	1:00 pm to 4:00 pm	Room 1
Sound Healing Class (1st & 3rd)	1:30 pm to 3:00 pm	Room 2
Meditation Class (2nd & 4th Tues)	1:30 pm to 3:00 pm	Room 2
Wednesday Schedule	Time	Room Assignment
Tai Chi	9:00 am to 10:00 am	Main Room
Outdoor Walking Group	9:00 am to 10:00 am	Out Door
Bid Whist	10:00 am to 2:00 pm	Room 2
Genealogy Group (2nd Wed)	1:30 pm to 3:30 pm	Main Room
Thursday Schedule	Time	Room Assignment
Mosaic Class	10:00 am to 12:00 p.m.	Main Room
Mexican Train Dominoes	1:00 pm to 4:00 pm	Demo Room
Friday Schedule	Time	Room Assignment
Craft Market (2nd Friday)	8:00 am to 1:00 pm	Main Room
Book Club	10:00 am to 11:00 am	Room 2
Open Discussion	10:00 am to 12:00 pm	Room 1
Patterns & Pens: Adult Coloring	11:00 am to 12:00 pm	Room 2
Needlepoint	1:00 pm to 3:00 pm	Main Room

More at Broadmoor...

Julie's Cookie Press Express Baking Class

Learn to make professional looking cookies like a pro and in half the time with a cookie press. All Materials included in the fee. Limit: 16



Monday, July 18
Demo Room
1—3 p.m.
\$11 payable at registration

Broadmoor Senior Center Book Club

Fridays 10—11 a.m.
Room 2

The Vanishing Half
By Brit Bennett



Bid Whist & Spades

Wednesdays
10 a.m.-2 p.m.
Room 2

Broadmoor Trips and Speakers

Falls Prevention @ BSC

People are more likely to have problems with balance as they get older. But age is not the only reason these problems occur. In some cases, you can help reduce your risk for certain balance problems. Join Heather M. Oullett, MS, BSN, BA, RN with UNM Health Sciences at Sandoval Regional Medical Center for a presentation on falls prevention. Limit: 40

Wednesday, July 13

1 p.m.

Demo Room

No Fee

Bitcoin and Cryptocurrency

Patricia Socci will help educate members about cryptocurrency, with simple, relevant and engaging content. All ages event. Limit 20

Wednesday, July 20

1 p.m. in the Demo Room



Pampering Session with Linda & Carol

Beauty Consultants for Mary Kay products will demonstrate the best methods to use when applying their latest products. All participants will have their own skincare product to apply and use. Pamper your skin to look vibrant and healthy. There will be games, door prizes, and snacks for all registered attendees. Limit: 15

Thursday, July 14

1 p.m. in the Demo Room

\$2 payable at registration



Farmers and Crafters Market @ Broadmoor

Monthly "Farmers and Craft Market @ BSC". Event is open to the public. This event will showcase vendors who will sell various local products such as goat's milk lotion, honey, arts and crafts and etc.

2nd Friday of each month, July 8

8 a.m.—1 p.m.

Main Room

Rail Runner to Santa Fe

Jump on the Rail Runner from Downtown Bernalillo to Santa Fe to enjoy a day with infinite adventures! Take a spin around the Railyards Farmer's Market just a few steps from the depot, then grab a bite to eat. Lunch is on your own. The rest of the day is up to you! Catch a free shuttle from the depot to the Plaza or Canyon Road. **ID required.**

Wednesday, July 27

Depart BSC @ 7:15 a.m.—Limit 9

Depart MSC @ 7 a.m.—Limit 13

\$6 payable at registration

Optional: \$2 home pick-up/drop-off each way



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Meadowlark Senior Center

The following activities take place at **Meadowlark Senior Center**.

Registration may be required and space may be limited.

Call (505) 891-5018 for updates and/or changes.

MSC Registration

- ♦ In-person registration is on **Thursday, July 7** from 8:30—9:30 a.m. in Rooms 1 and 2.
- ♦ **Front Desk registration will be accepted starting at 10 a.m.**
- ♦ **Phone-in registration will be accepted starting at 2 p.m.**
- ♦ Numbers will be given out at the Front Door starting at 8 a.m. on a first-come, first-served basis. You must have a current member card to receive a number.
- ♦ A MEMBER can register for oneself and one other MEMBER, **no exceptions**.
- ♦ Please bring exact change. No large bills accepted.
- ♦ Make checks payable to the **City of Rio Rancho**.
- ♦ If you are registered for an activity and must cancel, please inform the front desk as soon as possible. Fees are non-refundable unless someone from the waiting list can take your place or the activity is cancelled.
- ♦ Following Registration Day, signups are accepted Monday through Friday from 8 a.m.- 4:30 p.m.

Music and Dancing @ MSC

Beginning Line Dancing

Learn easy step-by-step instruction of some of the easiest and most fun line dances around with Shirley.

Tuesdays

9 a.m. in the D/R

No fee

Tuesday Morning Music Jam Sesh

Looking to jam? Join this group of musicians to play, have fun and improve your skills. All instruments welcome!

Every Tuesday

9-11 a.m. in Room 2

No Fee

Salsa

Get in shape with Connie Salas while moving to the latest Latin beats. There is light weight at the end of class also.

Wednesdays (Except July 20)

1:30 p.m. in the D/R

No fee

Birthday Bash

Put on your dancing shoes and dance to hits of today and yesteryear with Monte.

Every 4th Tuesday, July 26

1:30-5:30 p.m. in the D/R

\$1 payable at the door

Intermediate Line Dancing

Learn the more intricate line dancing moves with Kathryn. Knowledge of basic line steps and having fun is a must.

Thursdays

9:30 a.m. in the D/R

No fee



Monte's Mixer

Put on your dancing shoes and move to hits of today and yesteryear with Monte.

2nd Wednesday, July 13

3:30 p.m. in the D/R

No fee

Country & Western Music

Come over and boot scoot boogie to the music of house band, 2-Car Garage, every Friday.

Every Friday @ 1:30 p.m. in the D/R

Support Services at Meadowlark

Support Groups are free and open to the public. MSC is committed to helping all those in need of support services. Senior Citizens Law Office & Hearing & Balance participants must meet qualification requirements.

AARP Drivers Safety

3rd Wednesday, July 20

1:15-5:15 p.m. in the D/R

\$20 for AARP members

\$25 for non-AARP members payable to the instructor for materials.

Credit Cards not accepted.

Albuquerque Hearing and Balance

Carol Clifford, Au.D, CCA-A, FAAA, offers the following complimentary services:

electroacoustic testing, hearing screenings, hearing aid cleanings and repair evaluations. **Sign up at the front desk.** You will be seen in the order in which you sign up. Limit: 10

4th Tuesday, July 26

Appointments begin at 12 noon
Room 3

Alzheimer Support Group

This support group is for caregivers and family members of loved ones with any form of dementia. No sign-up necessary. Check for status updates.

1st Wednesday, July 6

9:30-11 a.m.

Room 2



Diabetes Support Group

2nd Wednesday, July 13

1-2 p.m.

Conference Room

Massage Therapy

Sessions are 45 minutes each. Limit 4 per day. \$46 payment due upon registration. Room 3.

Tuesday, July 12

Thursday, July 21

Appointments: 9:45 a.m.

11:00 a.m.

1:15 p.m.

2:30 p.m.



MSC Open Computer Lab and Technical Assistance

Stop by MSC and use our computer lab. It is open **Monday, Wednesday, Thursday and Friday, 9 a.m. –12:30 p.m.**

Contingent upon volunteer availability.

Senior Citizen Law Office

Call SCLO at (505)265-2300 for Meadowlark appointments beginning at 12:45 p.m. for one-on-one general legal consultations. Family, criminal law and bankruptcy are NOT covered.

Due to funding requirements, this program is designed to assist low to moderately-low-income seniors 60+ (income of \$2,024/month for individuals or \$2,744/month for couples).

3rd Thursday, July 21

12:45-4:30 p.m.

Conference Room

Veterans Coffee Club

Calling all veterans! Join this NEW social group to meet up and converse with other veterans while enjoyin a cup of "joe".

Every Friday

10-11 a.m.

Room 1



Veterans Benefits Assistance Bring a DD214

Friday, July 1

10 a.m.-2 p.m.

Room 3

Vision Loss Support Group

3rd Wednesday, July 20

1:30—2:30 p.m.

Library

Matinee: Cyrano

Cyrano de Bergerac dazzles whether with ferocious wordplay at a verbal joust or with brilliant swordplay in a duel so he could win the heart of his beloved. But, convinced that his appearance renders him unworthy of the love of a devoted friend, the luminous Roxane. **Peter Dinklage, Haley Bennett and Kelvin Harrison, Jr. PG -13, 2h 3m**

Thursday, July 14
1:30 p.m. in the D/R
\$2 payable at door



Speakers

Falls Prevention @ MSC

Falling is not a normal part of aging. You can prevent falls by doing the right exercises, making your home safer, getting regular health checkups, and more. Join Heather M. Oullett, MS, BSN, BA, RN with UNM Health Sciences at Sandoval Regional Medical Center for a presentation on falls prevention. Limit: 40

Tuesday, July 5
1:30 p.m. in the D/R
No Fee

Nutrition and Skin Health

Nutrition has long been associated with skin health, including all of its possible aspects from beauty to its integrity and even the aging process. Learn how to keep your skin looking great through nutrition and sun screen with Collen Hughes, Nutritional Health Coach.

Thursday, July 7
1:30 p.m. in the D/R
No fee

Pain Management

Learn about comprehensive pain management with Dr. Dahlgren from UNM Sandoval Regional Medical Center (SRMC) and how the experts treat acute and chronic pain conditions with an interdisciplinary approach.

Monday, July 18
1:30 p.m. in the D/R
No fee

SCLO: Estate Planning

This presentation, hosted by the Senior Citizen Law Office, includes planning for incapacity and end of life. It will also tell you how to obtain important documents such as powers of attorney, advance directives and wills, also how to transfer assets without probate. Note: the presenter will only answer general questions, and cannot give personal legal advice.

Monday, July 25
1:30 p.m. in the D/R
No fee

Trips from Meadowlark

Bird Trekkers: Corrales Bosque

Enjoy this 2-part journey of bird watching along the Corrales Bosque. Limit: 9

What to bring: Binoculars, proper footwear and attire, water and snacks.

Thursday, July 14
Depart MSC at 8:30 a.m.
\$2 payable at registration



Bird Trekkers: Bachechi Open Space

Watch birds take flight around the area. Limit: 9

What to bring: Binoculars, proper footwear and attire, water and snacks.

Thursday, July 28
Depart MSC at 8:30 a.m.
\$1 payable at registration

Ketchup with Friends at M'tucci's

M'tucci's has a variety of dishes to satisfy the Italian cravings. Start off with a Mista Salad that is full of baby greens, marinated baby grape tomatoes, feta cheese and balsamic vinaigrette. Then move on to a main dish, like sausage tortellini made with five cheese tortellini, Italian duroc sausage, wild mushrooms and spicy tomato. **\$\$ Separate Billing, Major Credit Cards Accepted, No Checks.** Limit 13

Friday, July 15, 2022
Depart MSC at 10:30 a.m.
\$3 payable at registration

Coca Cola Plant Tour

See How the world famous Coca Cola product is organized, packaged and prepared in the local Albuquerque plant. Limit 13

Monday, July 18, 2022
Depart MSC at 8:15 a.m.
\$3 payable at registration

Dinner Club: Whiptale

This trendy restaurant has great small plates such as ceviche, made with diced fresh fish, coconut soy vinaigrette, microgreens and avocado puree. Larger plates include double pork chop with salsa verde and pickled red onion, and for dessert, the spiced poached pear dessert which is soaked in red wine served with honeycomb crème anglaise and pistachio air bread.

\$\$ Separate Billing, Major Credit Cards Accepted, No Checks. Limit: 13

Wednesday, July 20
Depart MSC at 4:15 p.m.
\$4 Payable at registration

Rail Runner to Santa Fe

Jump on the Rail Runner from Downtown Bernalillo to Santa Fe to enjoy a day with infinite adventures! Take a spin around the Railyards Farmer's Market just a few steps from the depot, then grab a bite to eat. Lunch is on your own. The rest of the day is up to you! Catch a free shuttle from the depot to the Plaza or Canyon Road.

ID required.

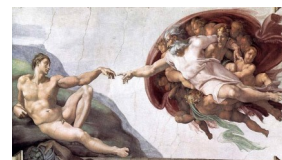
Wednesday, July 27
Depart BSC @ 7:15 a.m.—Limit 9
Depart MSC @ 7 a.m.—Limit 13
\$6 payable at registration

Michelangelo's Sistine Chapel

The Exhibition showcases the awe and wonder of arguably one of mankind's greatest artistic achievements, while allowing its visitors to experience this art from an up-close, life-size, and never-before-seen perspective. With special expertise and care, the ceiling paintings from the Sistine Chapel have been reproduced in a truly unique way using licensed high definition photos. Brought to life using a special printing technique that emulates the look and feel of the original paintings, visitors are given a chance to engage with the artwork in ways that were never before possible.

Limit: 13

Wednesday, August 3
Depart MSC at 9:00 a.m.
\$25 payable at registration



Rules of the Road:

- All trips require registration.
- There will be a 5-minute grace period for latecomers.
- As we cannot guarantee return times, we do not recommend making plans or scheduling appointments following a trip.
- For trips: Home pick-up/drop-off \$2 each way (Available to Rio Rancho residents when Rio Metro is not operating).
- For hikes, please make sure you are able to comfortably participate in these sometimes rigorous outdoor activities. A waiver must be filled out in order to participate.
- For hikes, please wear appropriate clothing and bring necessary gear and supplies, including a sack lunch and plenty of water.

Meadowlark Ongoing Activities	Day	Time	Room
Acrylics	Wednesdays	1:00-3:00 p.m.	Art Room
Alzheimers Support Group	1st Wednesdays	9:30-11:00 a.m.	2
Basket Weaving (At Capacity)	Tuesdays	1:00-5:00 p.m.	Art Room
Between the Lines: Coloring	Thursdays	10:00-11:00 a.m.	5
Bible Reading Group	Tuesdays	3:00-4:30 p.m.	Conference Room
Bid Whist	Mondays	1:30 - 4:30 pm	5
Billiards	Monday — Friday	8:30-4:30 p.m.	Billiards
Blood Pressure Checks (contingent upon volunteer availability)	Monday — Friday	9:30-11:30 a.m.	Conference Room
Book Club	2nd Tuesdays	1:00-3:00 p.m.	1
Bridge (Contract)	Wednesdays	12:00 - 3:00 p.m.	1
Bridge (Contract)	Fridays	12:00 - 3:00 p.m.	1
Bridge Intermediate	Tuesdays	5:30 - 8:30 p.m.	1
Calligraphy	1st & 3rd Thursdays	1:00-3:00 p.m.	Art Room
Calligraphy Club	2nd Thursdays	1:00-3:00 p.m.	Art Room
Canasta	Thursdays	12:00-4:00 p.m.	2
Canasta (Hand & Foot)	Wednesdays	12:30-4:00 p.m.	D/R C
Ceramics	Mondays	8:30 - 12:30 pm	Art Room
Ceramics	Fridays	1:00-4:30 p.m.	Art Room
Chess	Fridays	1:00-4:00 p.m.	Computer Lab
Conversational French (at capacity)	Thursdays	9:00 - 10:00 a.m.	Art Room
Country Western Dance	Fridays	1:30-3:30 p.m.	D/R
Crafty Corner	Mondays	1:00-3:00 p.m.	Art Room
Creative Writers	Thursdays	1:30-3:30 p.m.	Online Only
Cribbage	Fridays	12:30 - 3:00 pm	2
Diabetes Support Group	2nd Wednesdays	1:00-2:00 p.m.	Conference Room
Drawing & Painting	Wednesdays	9:00-10:30 a.m.	Art Room
Enhance Fitness	Mon., Wed., & Fri.	10:00-11:00 a.m.	D/R
Fishing Club	Mondays	10:00-11:00 a.m.	1 & 2
Fly Tying	Mondays	9:00-9:45 a.m.	D/R CA1:D36
High Desert Quilters	Tuesdays	5:30 - 8:00 pm	2

Meadowlark Ongoing Activities	Day	Time	Room
Hooked on Yarn	Mondays	9:30-11:30 a.m.	5
iPad & Mac Users Group	Tuesdays	1:30-3:30 p.m.	Computer Lab
Knitting & Crocheting	Tuesday	9:00-11:00 a.m.	D/R B
Line Dance (Beginning/Easy)	Tuesdays	9:00-10:30 a.m.	D/R
Line Dance (Intermediate)	Thursdays	9:30-10:30 a.m.	D/R
Mah Jongg	Tuesdays	12:00 - 3:30 pm	1
Mexican Train Dominoes	Tuesdays	12:30-3:30 p.m.	5
Monte's Mixer	2nd Wednesdays	3:30-5:30 p.m.	D/R
Morning Music Jam Sesh	Tuesdays	9:00-11:00 a.m.	2
Open Art Studio	Tuesdays	8:30-10:30 a.m.	Art Room
Open Computer Lab	Mon., Wed., Thurs., Fri.	9:00-12:30 p.m.	Computer Lab
Open Discussion	Fridays	9:00-10:30 a.m.	Library
Photo Composition Group	1st & 3rd Wednesdays	1:30-4:00 p.m.	Computer Lab
Ping Pong Fun Play	Tuesday	9:30-11:30 a.m.	D/R C & 1
Ping Pong Fun Play	Thursday	1:30-4:30 p.m.	D/R C & 1
Pinochle (Double Deck)	Fridays	9:30-12:00 p.m.	5
Poetry & Lyrics Society	Every Other Fridays	1:30-3:30 p.m.	5
Poker	Mondays	12:00-4:00 p.m.	Poker Room
Poker	Thursdays	12:00-4:00 p.m.	Poker Room
Quilting	Wednesdays	1:00-3:00 p.m.	2
Rio Rancho Art Association	2nd Tuesdays	6:00-8:00 p.m.	D/R
Rio Rancho Stamp Club	1st & 3rd Tuesdays	2:00-4:00 p.m.	D/R C
Safeway Jewelry Making	4th Tuesdays	1:00-3:00 p.m.	D/R C
Salsa	Every Wednesday	1:30-3:00 p.m.	D/R
Scrapbooking	Tuesdays	11:30-1:30 p.m.	2
Share Your Memoirs	1st, 3rd & 5th Tuesdays	1:30-3:30 p.m.	Library
Spanish (Conversational)	Thursdays	10:00-11:30 a.m.	Art Room
Spanish (Intermediate)	Fridays	9:00-10:30 a.m.	Conf. Room
Veteran's Coffee Club	Fridays	9:00-10:30 a.m.	1
Vision Loss Support Group	3rd Wednesdays	1:30-2:30 p.m.	Library
Woodcarvers	Fridays	9:00-11:30 a.m.	Art Room



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A Publication of The City of Rio Rancho/Division of Senior Services
4330 Meadowlark Lane SE
Rio Rancho, NM 87124

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